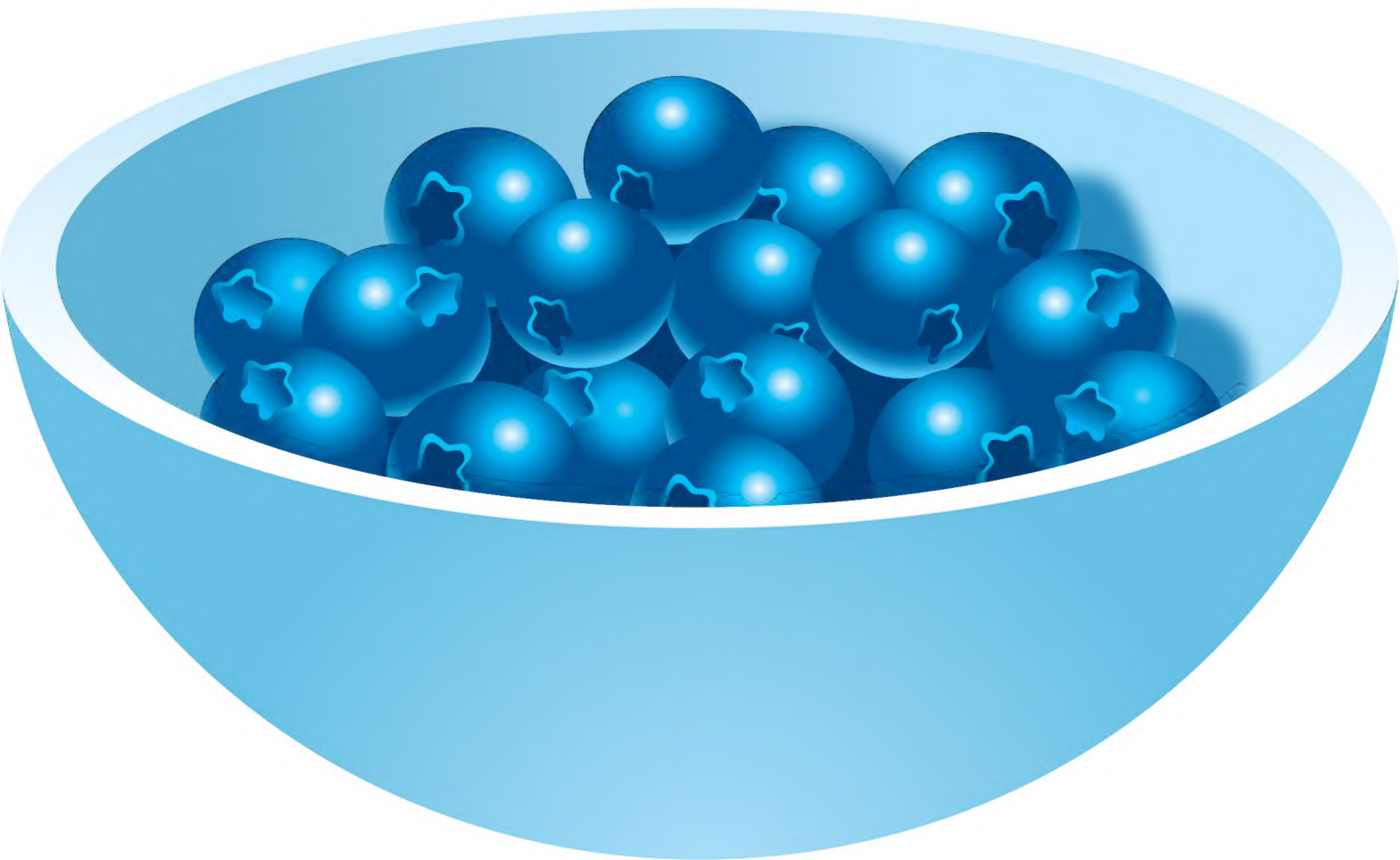
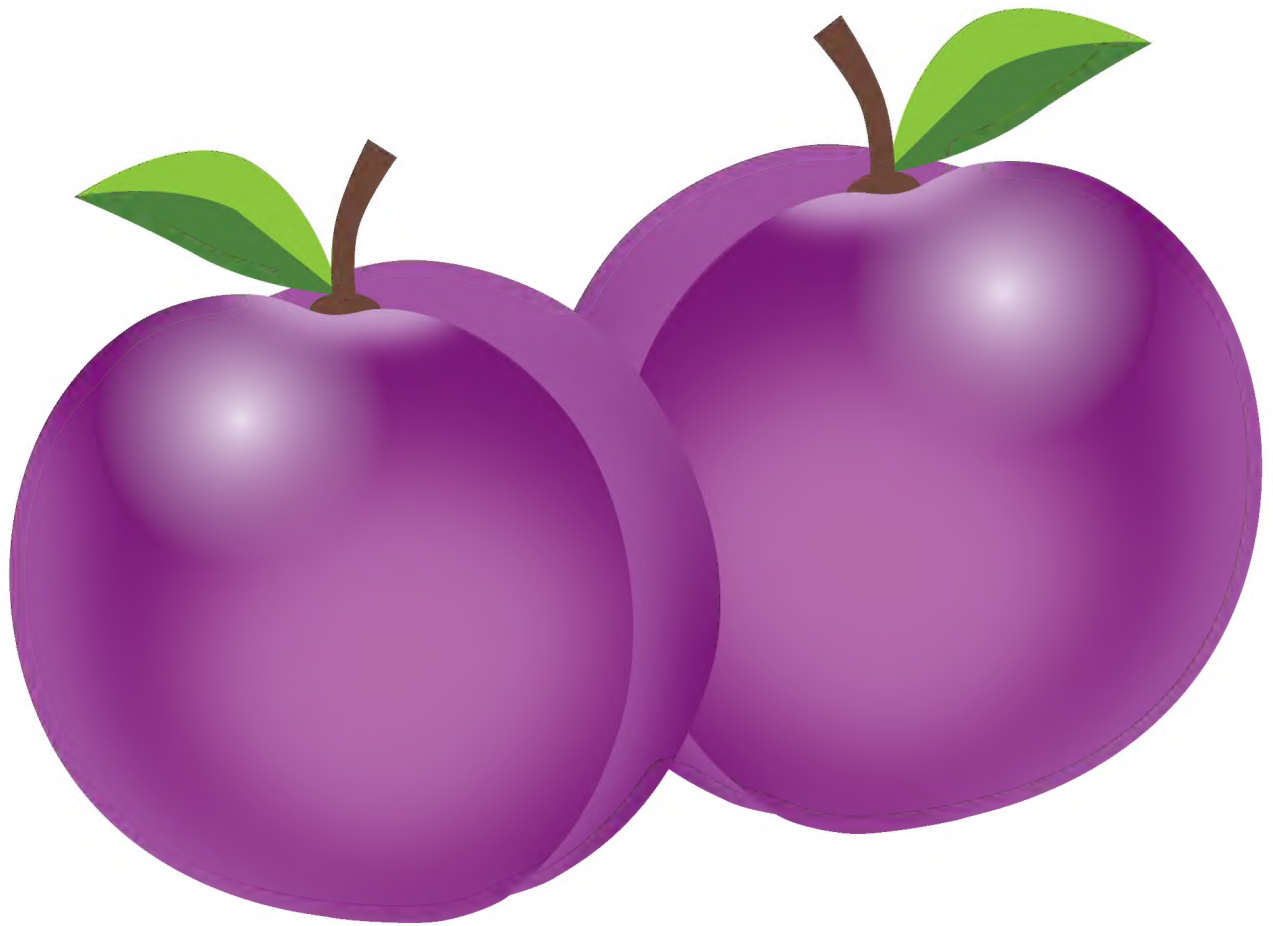


The grapes are green.



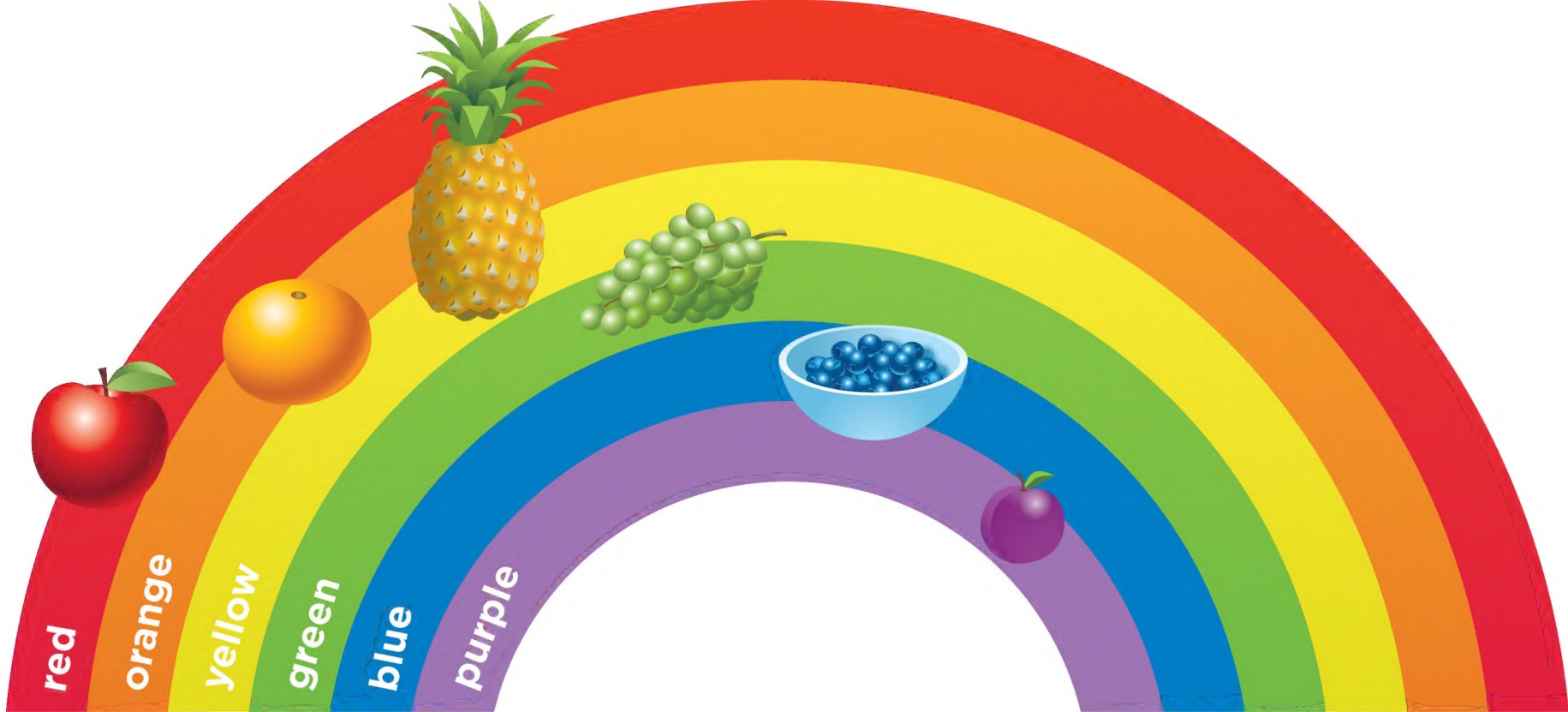
The berries are blue.



The plums are purple.



I eat fruit.



I eat a rainbow. Yum!

Activities

- Ask children to circle the sight word “eat” as you read through the story. Using different-colored crayons, ask children to circle the sight words “is” and “are.”
- Invite children to use crayons to color the fruits.
- Ask children to count the number of fruits they have tried in the story.
- Ask children to name other fruits that they can add to the rainbow.
- Ask what fruits are red, orange, yellow, green, blue, and purple.





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Vegetables

Reggie
Veggie



Sight words:
I, have

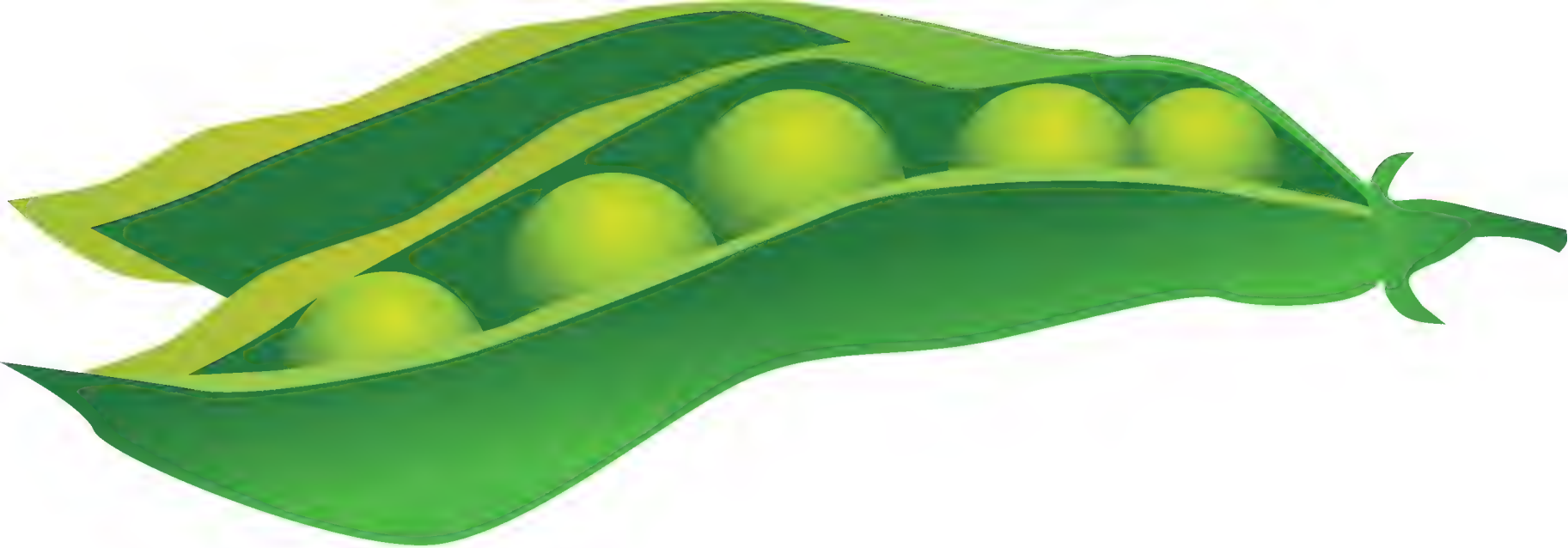
This book belongs to:



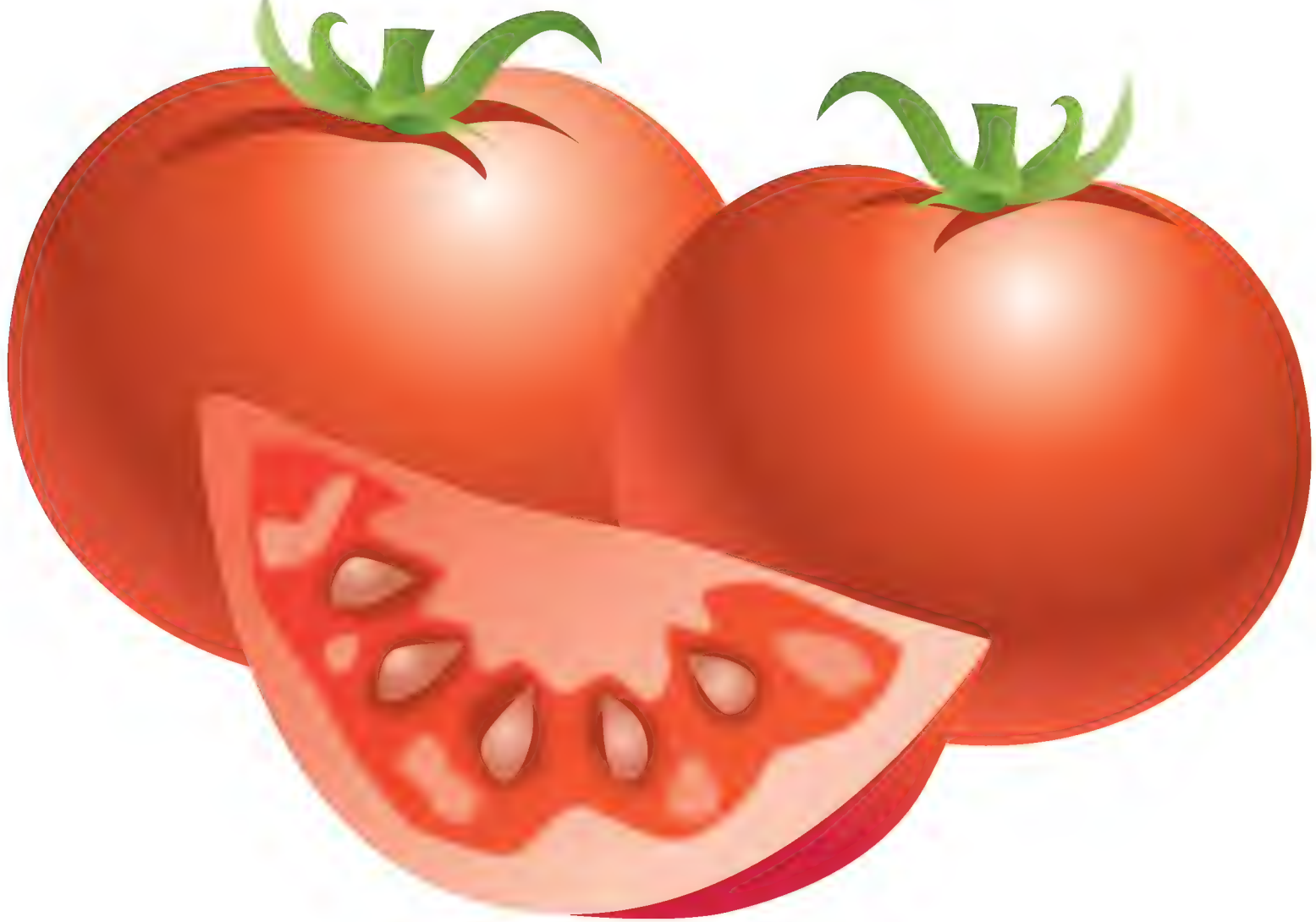
I have carrots.



I have corn.



I have peas.



I have tomatoes.



I have beans.



I have broccoli.



I have lettuce.



I have a salad. Yum!

Activities

- Ask children to circle the sight word “have” as you read through the story.
- Invite children to use crayons to color the vegetables.
- Ask children to count the number of vegetables in the story that they have tried.
- Ask children to name other vegetables that they can add to the salad.





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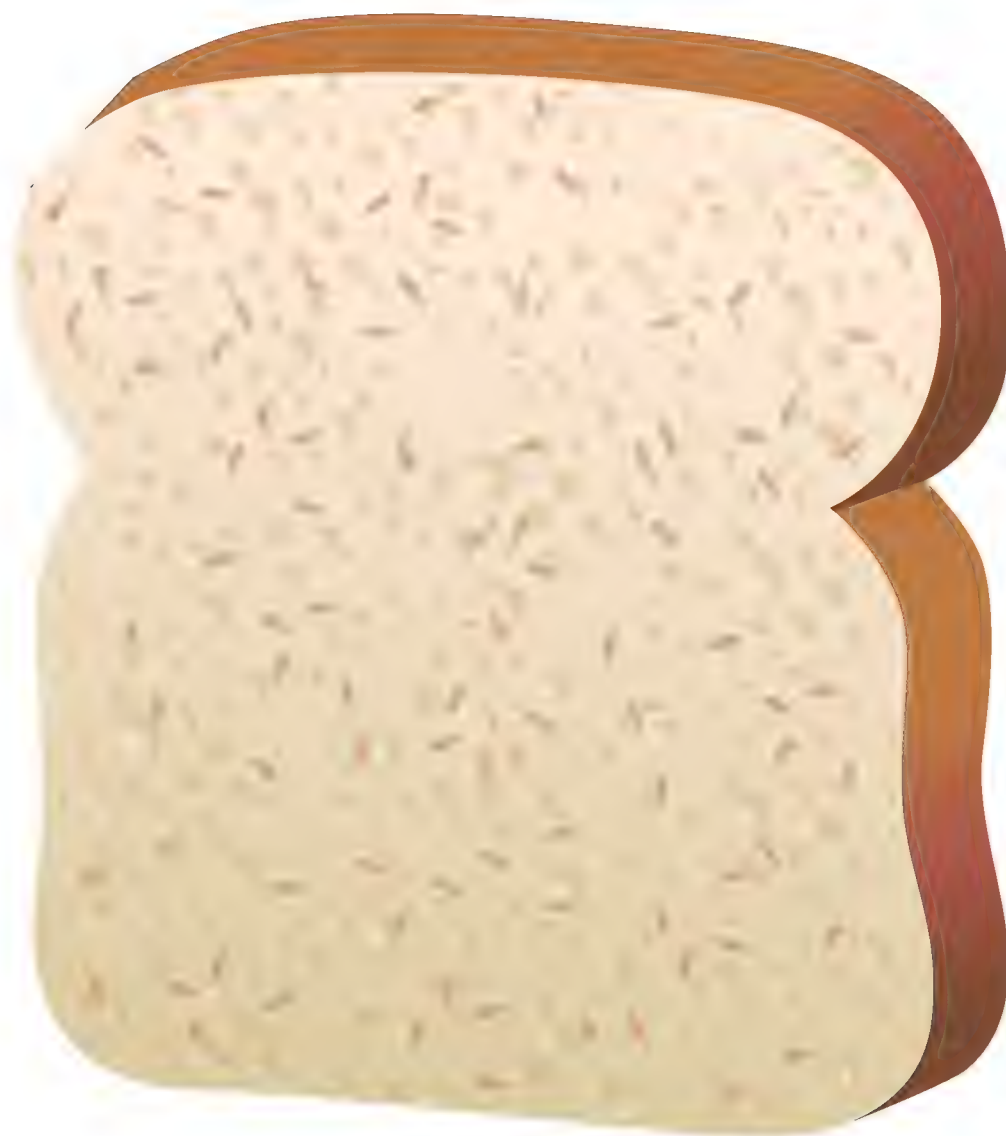
Grains

Jane,
Grain



Sight words: I, like

This book belongs to:



I like bread.



I like pasta.



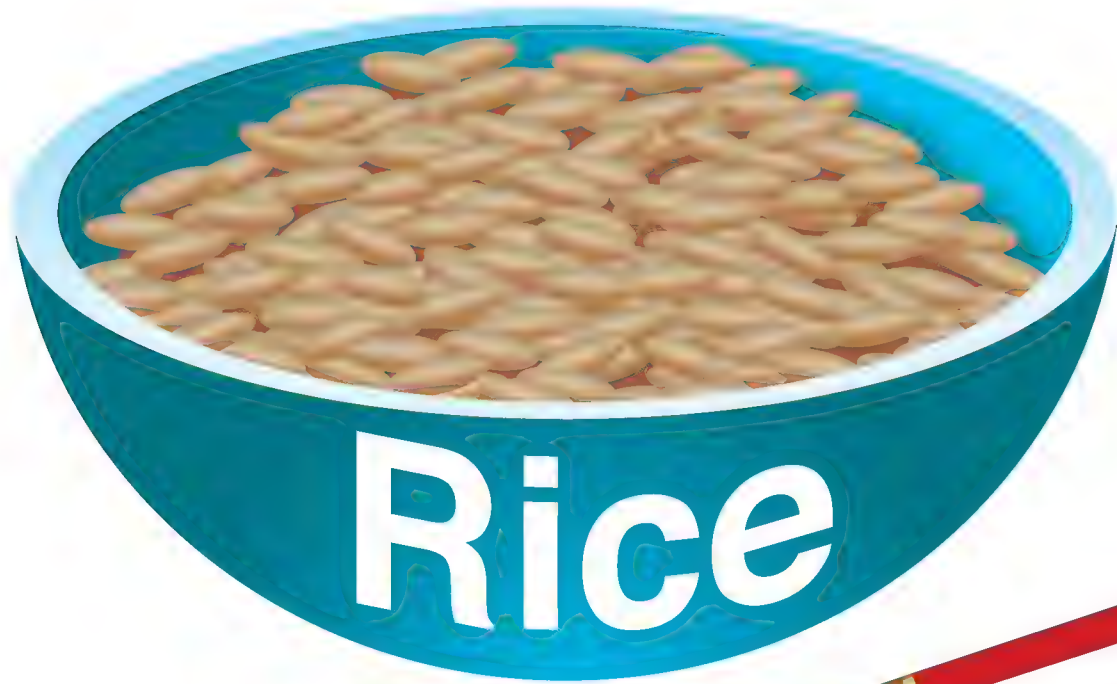
I like popcorn.



I like cereal.



I like tortillas.



Rice



I like rice.



Hello, Jane Grain!

Activities

- Ask children to circle the sight word “like” as you read through the story.
- Ask children to use crayons to color the foods.
- Ask children to count the number of grains in the story that they have tried.
- Ask children to name other foods they think are part of the Grains Group.
- Review what foods Jane Grain is made out of. (They are all mentioned in the story except for graham crackers.)





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Protein Foods

Dean
Protein

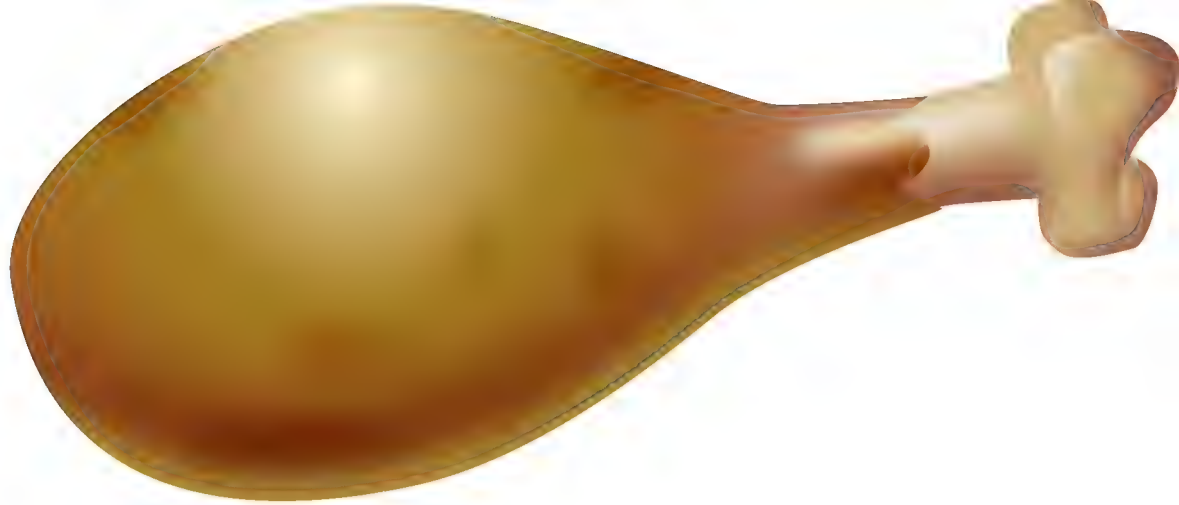


Sight words: I, see

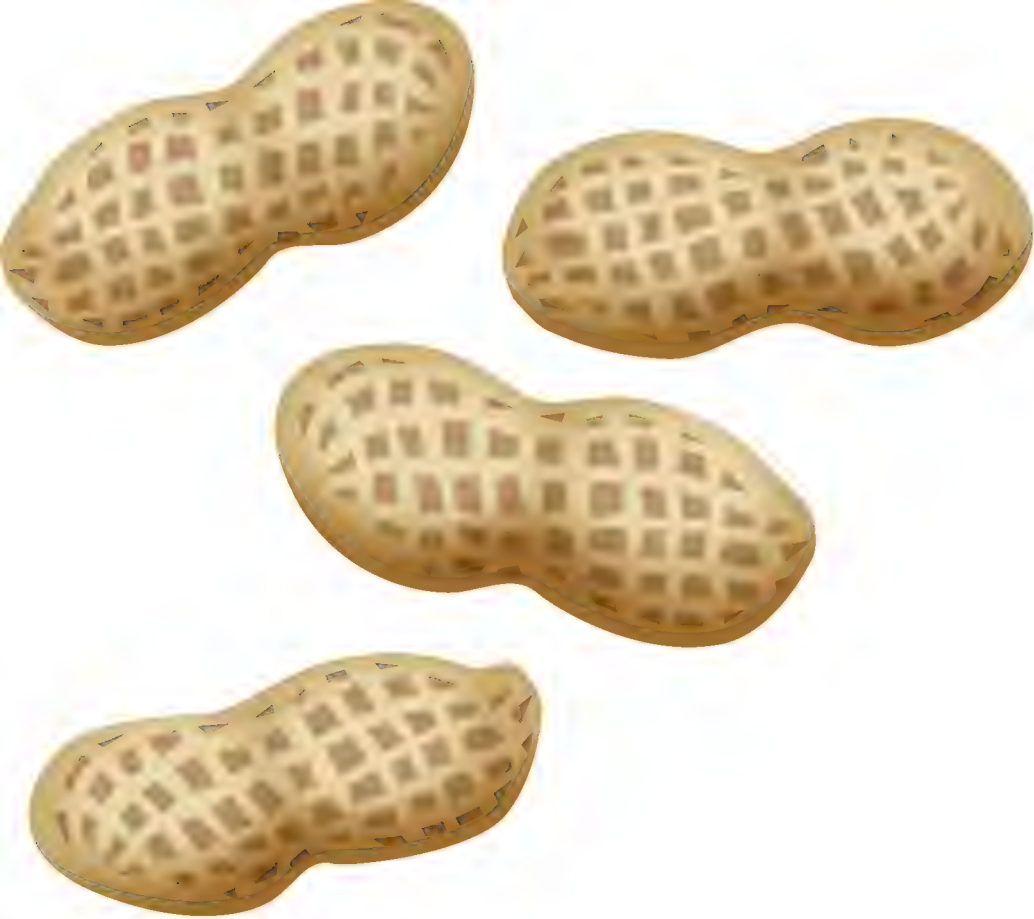
This book belongs to:



I see beans.



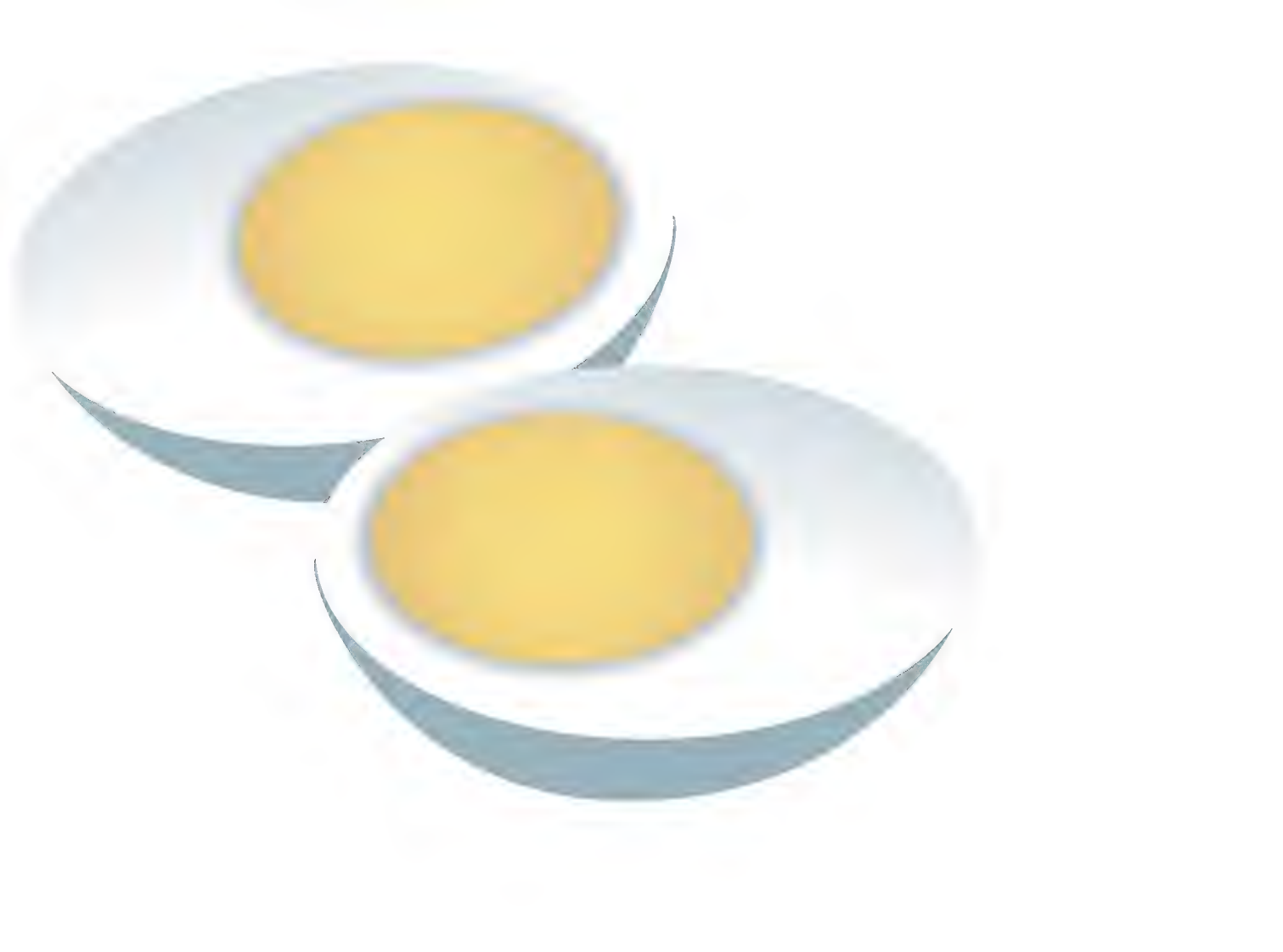
I see chicken.



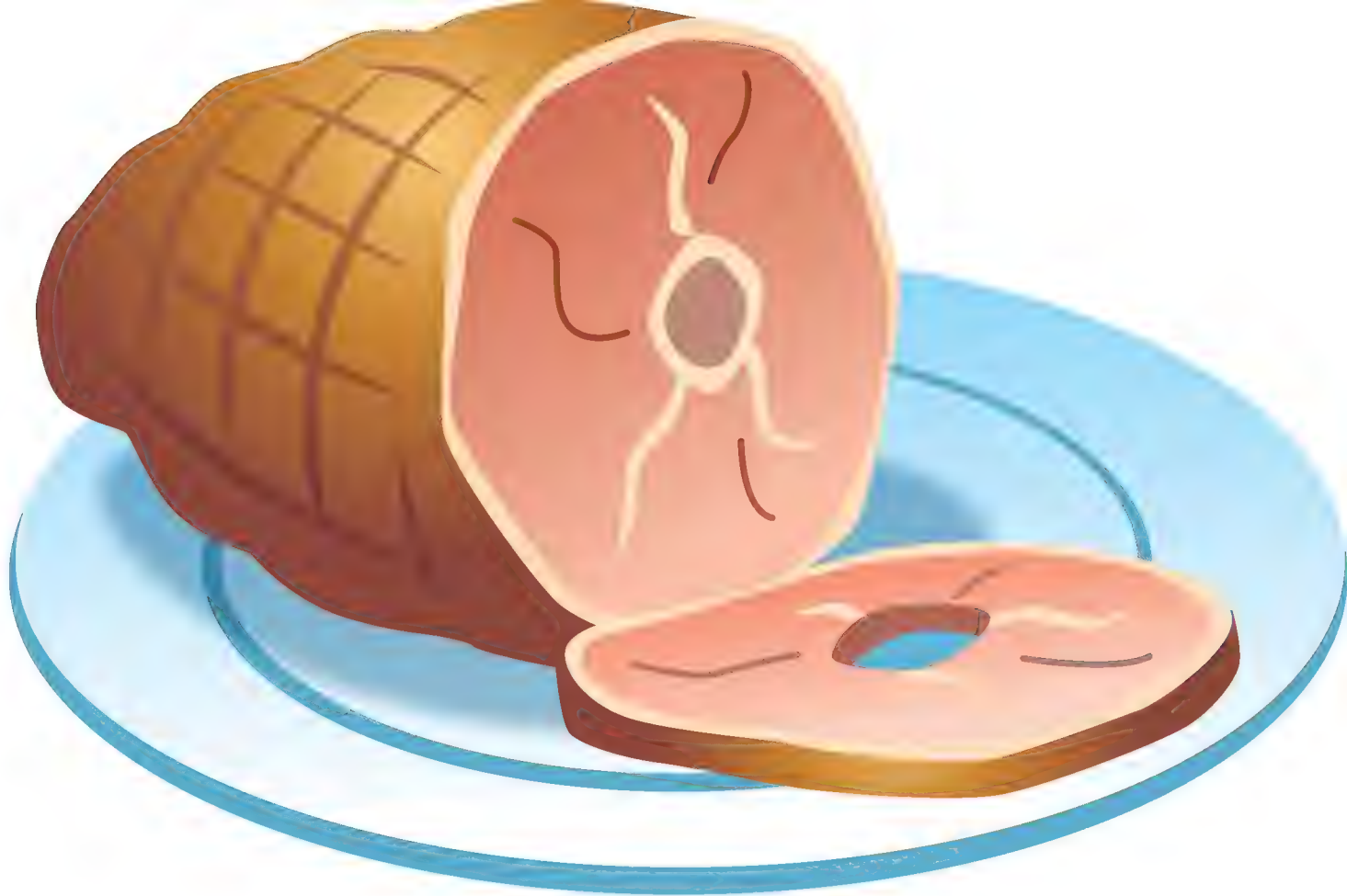
I see nuts.



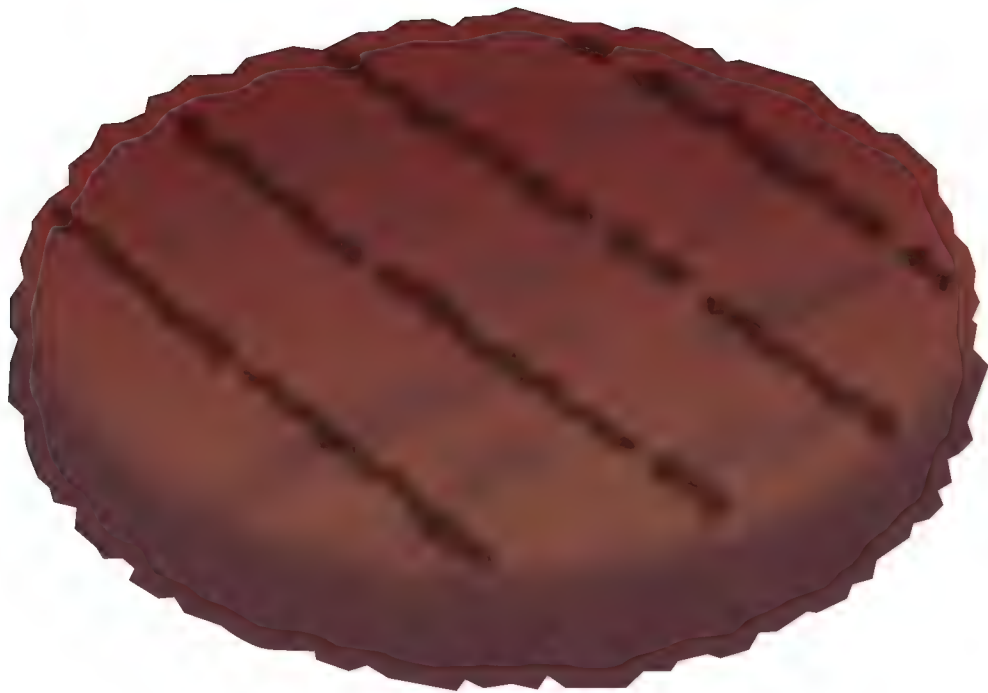
I see fish.



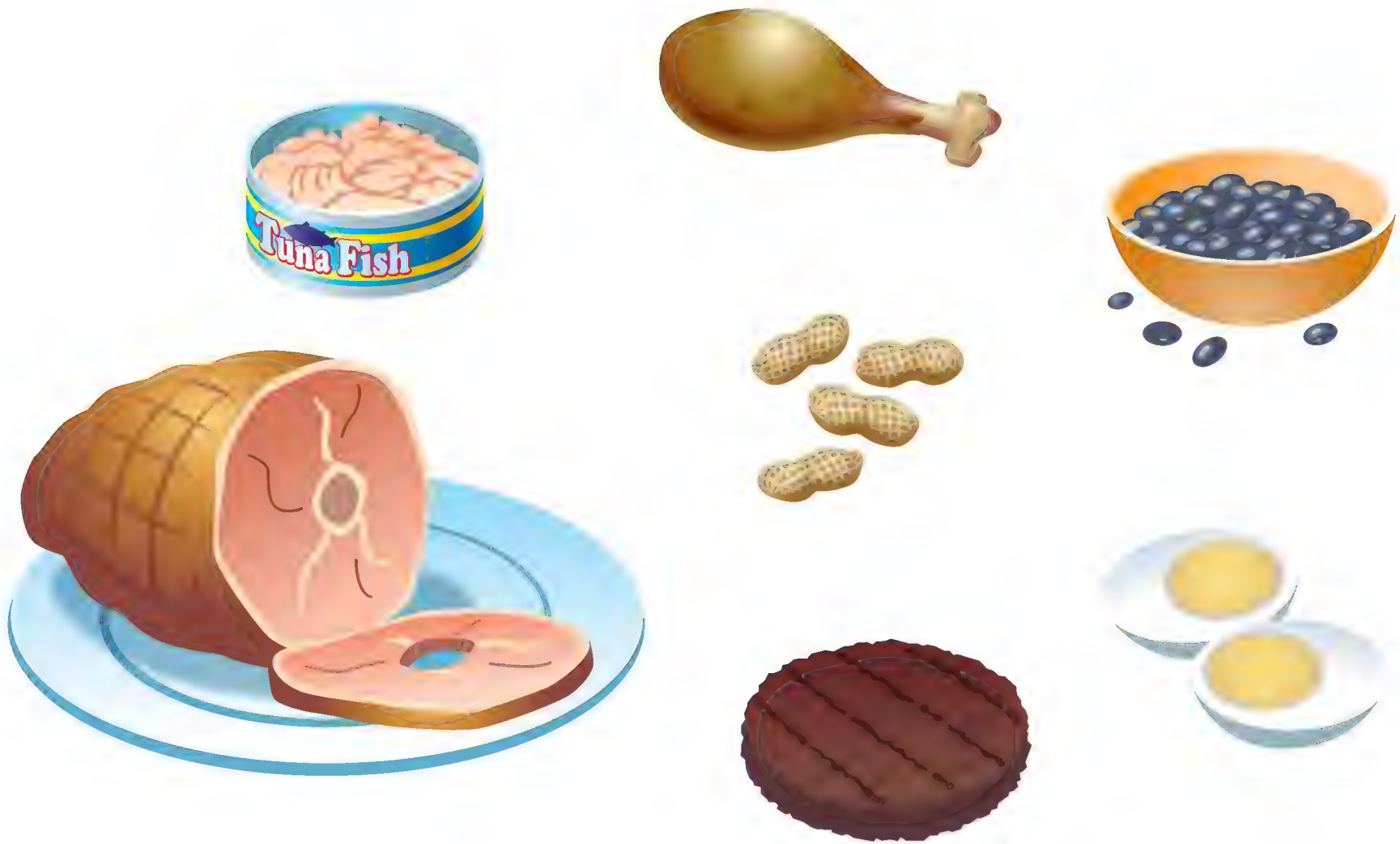
I see eggs.



I see ham.



I see meat.



I see protein foods!

Activities

- Ask children to circle the sight word “see” as you read through the story.
- Ask children to use crayons to color the protein foods.
- Ask children to count the number of protein foods in the story that they have tried.
- Ask children to name some other foods that belong to the Protein Foods Group.
- Ask children if they can identify the protein food that also belongs to the Vegetable Food Group. (*Beans*)





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Dairy

Mary
Dairy



Sight words:
has, make, she, can, likes, and

This book belongs to:



Dot has cows.



Cows make milk.



Dot has milk.



She can make cheese.



She can make yogurt.



United States Department of Agriculture

Fruits

**Farrah
Fruit**



Sight words: the, is, eat, are, I



Dot likes milk and cheese.



She likes yogurt.



Dot likes cows. Moo!

Activities

- Ask children to circle the sight word “has” as you read through the story. Using different-colored crayons, ask children to circle the sight words “makes” and “likes.”
- Ask children to use crayons to color the pictures.
- Ask children what foods the story says Dot could make from milk. (*Cheese and yogurt*)
- Ask children how foods from the Dairy Group help the body stay healthy. (*They help the body have strong bones and teeth.*)





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A MyPlate Meal

MyPlate
Kate



MyPlate
Nate



Sight words: I, she, he, we, has, have

This book belongs to:



I have apples.



Nate has peas.



He has ham.

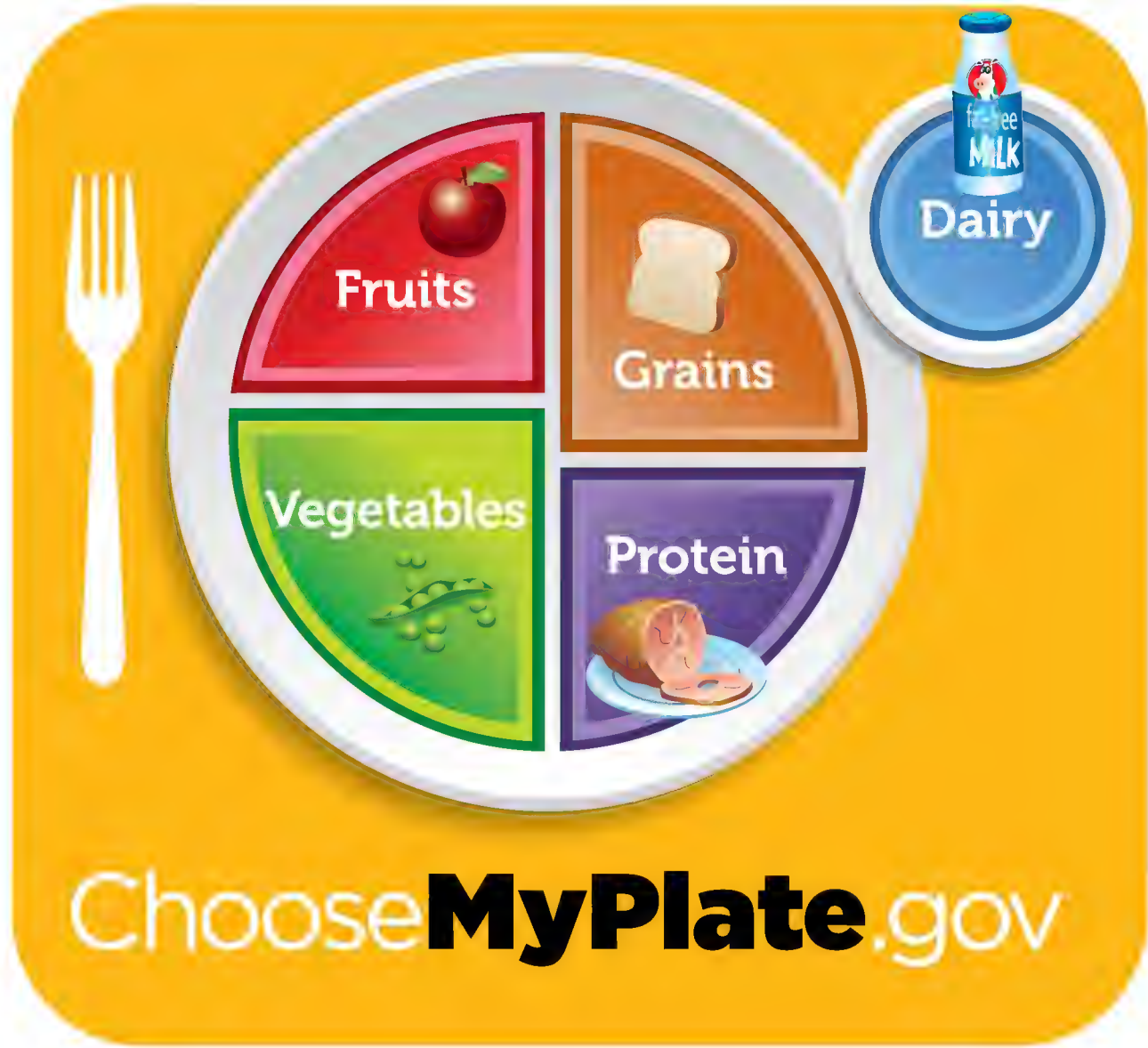
This book belongs to:



Kate has bread.



She has milk.



We have five food groups.



We have lunch.



We have fun.

Activities

- Ask children to circle the sight word “have” as you read through the story. Using a different-color crayon, circle the sight word “has.”
- Ask children to use crayons to color the pictures.
- Ask children to think of another **MyPlate** meal they can eat at a picnic.
- Ask children to share how they like to have fun, be physically active, and play.



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United States Department of Agriculture

Food and Nutrition Service • FNS-473
May 2014

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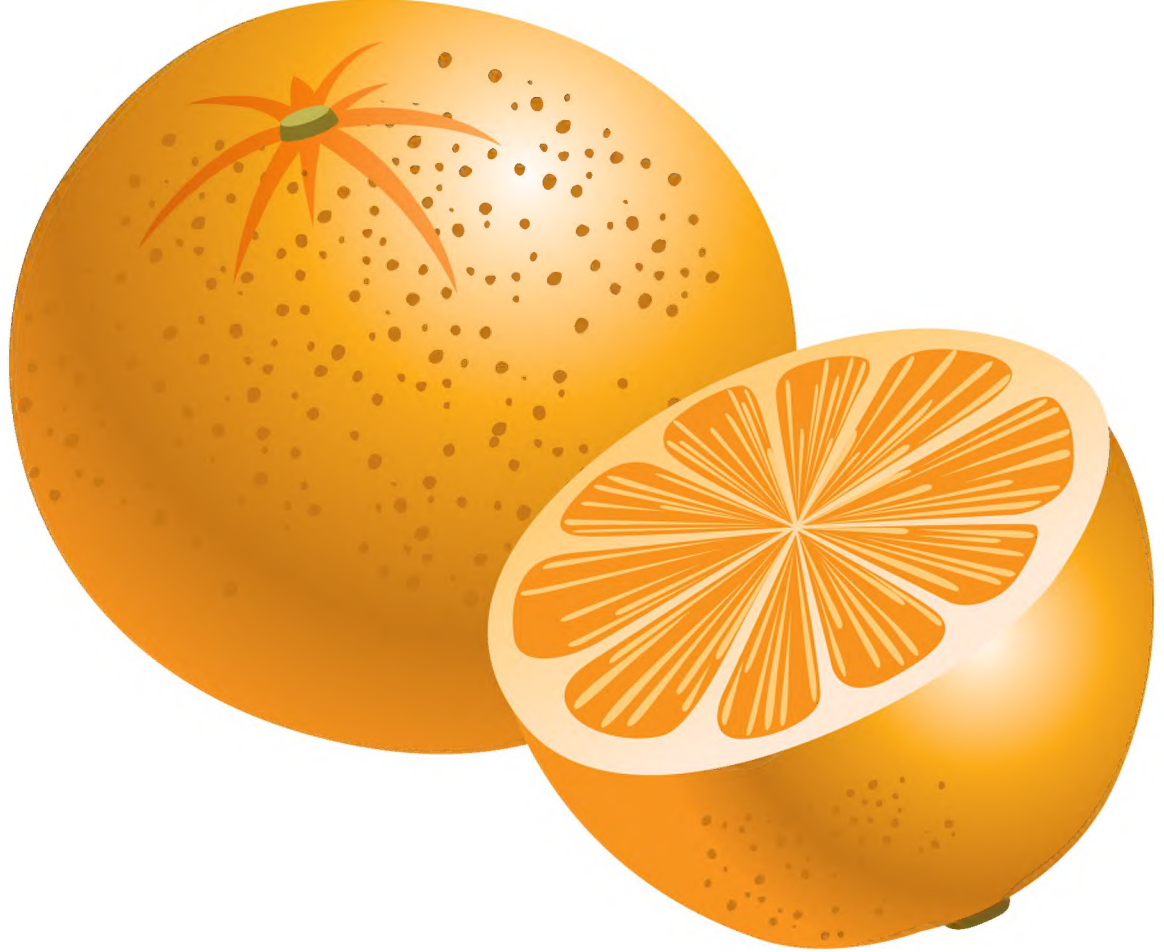
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The apple is red.



The orange is orange.



The pineapple is yellow.